



## SARIYA COLLEGE, SURIYA

Registered Under 2(f) & 12(B) UGC Act. | ISO 21001:2018 Certified

Po: Suriya, Dist: Giridih, Jharkhand, India, PIN - 825320, Accredited with Grade 'C' by NAAC CGPA 1.96  
(Permanently affiliated to Vinoba Bhave University, Hazaribagh)

(Run under Suriya Mahavidyalya Shikshan Vikas Samiti, Society Registration Act 1860)



**CAPACITY BUILDING AND SKILL ENHANCEMENT**

## **About capacity building and skill enhancement cell**

Apart from equipping students with the knowledge and hard skills, soft skill development is an integral part of our curriculum. Through soft skill training programmes students are trained to establish a good interpersonal and leadership skill such as decision making, teamwork, collaboration and time management etc. students are motivated to participate in various activities organize by various clubs and societies throughout the session providing them the platform to hone and exhibit their skills. Guest lectures on developing soft skills are also organized from time to time.

### **Objectives:**

- To develop life skill among the students.
- To inculcate skill related to the domain subject.
- To integrate theory and practice.
- To make the aware of various opportunities to nurture their talents.

### **Areas of work:**

- Life skill & soft skills.
- Confidence building.
- Personality development.

### **Programme no.1**

**Date: 13<sup>th</sup> March 2022**

**Title: Life skill**

**Activity:** The cell phone capacity building and skill enhancement for students organized or talk-cum-discussion on life skill in the college premises. The nodal officer delivered a talk-cum-discussion on various life skill.

**Outcome:**

- Improved knowledge and skills building can improve the knowledge and skill of individuals or organizations.
- Improved leadership: capacity building can foster leadership.

### **Programme no. 2**

**Date: 07<sup>th</sup> April 2022**

**Title: Seminar organized on time management.**

**Activity -** through this seminar, students were motivated to make good use of their time. They were explained in detail about the skill of time management.

**Outcome:**

- Student should be able to understand the utility of time.
- Students can learn time management skill.

### **Programme no. 3**

**Date: 18<sup>th</sup> June 2022**

**Title: Yoga programme**

**Activity:**

Training programs on yoga and meditation are regularly organized for students and teachers from time to time. Trained yoga instructors are invited to provide training to students and teachers.

**Outcome:**

- Through this activity, a student should be able to understand the importance of yoga.
- Students were encouraged to include yoga in their daily routine.

### **Programme no. 4**

**Date: 19<sup>th</sup> Dec. 2022**

The cell four capacity building and skill enhancement for students organized a talk-cum-discussion on life skill in the college premises.

**Outcome:**

- Thinking skills developed within the students.
- Personality of student is developed.

### **Programme no.5**

**Date: 21th Dec. 2022**

**Title: Organization of seminar on importance of time in student's life**

**Activity:**

Through this seminar, students were explained in detail about the importance of time in their lives. he was told to make proper use of his time.

**Outcome:**

- Student should be able to understand the utility of time.
- Student and learn time management skill (109)

### **Programme no.6**

**Date: 03<sup>rd</sup> Jan. 2023**

**Title- Yoga programme**

**Activity:**

Training programs on yoga and meditation are regularly organized for students and teachers from time to time. Trained yoga instructors are invited to provide training to students and teachers.

**Outcome:**

- Through this activity, a student should be able to understand the importance of yoga.
- Students word encouraged to include yoga in their daily routine.

### **Programme no.7**

**Date: 12<sup>th</sup> May 2023**

**Title: Seminar on balanced diet and health awareness programme**

**Activity:**

Health related information was provided to the students through this programme. They were told how they can achieve good health by eating a balanced diet.

**Outcome:**

- Health awareness increased among students.
- Student understanding of consuming a balanced diet developed.

### **Programme no.8**

**Date: 28<sup>th</sup> June 2023**

**Title: Seminar on communication skills**

Through this seminar, students were told about various ways to develop communication skills and were provided with some suggestions.

**Outcome:**

- Communication skill developed in students.
- Confidence developed within the students.